

Eat Smart Be Smart

Teaching Nutrition through Math, Science, Language Arts
and Health Enhancement



Distributed by
Denise Juneau, Superintendent
Montana Office of Public Instruction
www.opi.mt.gov



A Curriculum Guide For
Kindergarten–5th Grade Educators

The Eat Smart Be Smart guide is available at no charge to Montana educators from the Montana Team Nutrition Program. It can be ordered as an entire guide or by requesting specific grade lessons.

This guide is available for download at:

<http://www.opi.mt.gov/pdf/curriculumguides/nutritionedu/>

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